

HINDUISM – Progress Tracker

Date of 1st assessment: Date of 2nd assessment:

Complete the sentences below with the correct word(s).

The region of south Asia where the Hindu religion began is called the **Indus Valley**.

The River **Ganges** is a sacred site for Hindus, where they may wash, bathe and give offerings to the gods and goddesses.

The place of worship for Hindus is called a **mandir**

Reincarnation is the belief that **when your body dies, your soul is reborn into a new body, sometimes human, sometimes animal**

Reincarnation is one stage in **samsara**, the ongoing cycle of **life** , **death** and **rebirth**.

Hindus believe in 'Ultimate Reality' (rather than a personal Creator of everything - God) and this Ultimate Reality has the name **Brahman**

Parts of the 'Ultimate Reality' take the form of **deities** (gods and goddesses) such as **Brahma, Vishnu** and **Shiva**

These gods and goddesses are represented as **murtis** (**statues**) in shrines at home and at places of worship.

Regular worship in Hindu homes or places of worship is called **puja** and involves using certain objects as symbols.

One famous festival for Hindus is **Diwali** a festival of light in late autumn/winter, about the same time as Hannukah for Jews and Christmas.

Holi is another festival, using lots of colours to represent **equality** between different people.

Many people criticise Hindus for believing in the **caste system** which is thought to be unfair because **people are forced to live in a certain social role which cannot change throughout their life – if you are 'low caste' you are treated poorly throughout your life**